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Nack with G
get the
royal treatment.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



A unique birthday gift
Students celebrate
their 21st birthdays
with a unique gift.
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Getting a leg up on cancer

BY JAY MEYERSON

Shannon Chandler said she believes her lucky star is.

She points at her new robot as leg leaning against the wall as her Kachaner a partner, and laughs with delight. She had played it to be cheap after she got home from work just like she would her cell phone.

It isn't quite finished yet, she hopes to get the top of a painted pink hat she is placed with the black lined robot carbon fiber that covers the lower part.

Until now Chandler has used crutches and other more basic prosthetics to get around. She first had what she calls a plastic mechanical limb where the knee would lock and release. When hydraulic hoses are available she was able to get a hydraulic knee which required less maintenance.

The Concordia College 4 prosthetic limb will completely change Chandler's life.

"This leg is my first robot leg... There is nothing that I can do," she said.

With this limb she can walk, run, dance, and even work. She has been in over 31 years. She can use a remote control or the app on her phone to tell the limb what she wants it to do. She can use the app to tell the limb what she wants it to do. She can use the app to tell the limb what she wants it to do.

The limb was about 80 per cent charged when she checked the app.

"It's completely flexible," she said.

Chandler is a cancer survivor who lost her leg when she was 11 years old.

Cancer was found in the bottom part of her left leg and she was given six months to live.



Photo by Jay Meyerson

Cancer survivor Shannon Chandler demonstrates the mobility of her C-Leg 4 at her Concordia apartment on Jan. 30. It is the most powerful prosthetic that uses microprocessor technology. This robotic leg is life-changing for her.

live. Amputating the limb did not guarantee her survival.

"I was diagnosed with osteosarcoma, bone cancer, when I was 10. Two days after my 11th birthday they did the amputation. In 1999 I had chemotherapy for eight months," said Chandler.

She remembers most of it, but still doesn't understand where she got the strength to push through.

"I don't know where the maturity came from," Chandler said. "I remember turning to my dad, because

he was right beside me and I cried for a few minutes. Then I was like 'No, this is going to be done'."

When she woke up from her surgery, she tried to get up off the hospital bed and fell on the floor. She realized that she had to get herself up somehow on her own.

"This is my reality," said Chandler. "Maybe falling that on my first was a problem."

She ended up the cancer-free because she discovered that money. She made the choice to pull herself up so she

could hop to the bathroom.

Chandler was an entrepreneur for 12 months before the cancer came back. This time it was on her right leg. After having a portion of the leg removed and undergoing six months of chemotherapy, she was cancer-free.

"My whole life was used just before I turned 14," she said.

She started off as a shop in The War Amps Center, a child computer program, and ended up becoming a media consultant.

"I also used to do the ribbon cutting when they did the United State of Cancer," she said. "My dad and I would ride a tandem bike."

She father pushed her to my strong, and she ended up competing in the Paralympics.

"The first time you feel, and the first time you feel when you're young there that feel, there is just something about it, and that's the. You are, I'm like I can do this and there is nothing I can't do."

COVERED BY JAY MEYERSON

CSI's The Venue changing to full-service restaurant

BY ARIANNA HOLLEN

The Venue will be among some major changes as the new couple of works as a restaurant in a full-service restaurant with a new menu.

The Concordia Students Inc. (CSI) board of directors at the first meeting of the year on Jan. 16, announced that the changes to The

Venue are taking longer than expected, but will be completed within the next two to three weeks.

Business at The Venue has been increasing steadily in new hours and being sold every day and CSI expects that having a new menu and new will increase the appeal and bring in more revenue.

In other business, the purchase

of Concordia's Google campus was discussed. Board members were told a referendum will be held on whether or not students there want a universal free pass (U-Pass) with Google. Thanks to its a mandatory fee in their tuition.

At least 10 per cent of Google campus students will need to vote to make the referendum valid.

This is much like the Bradford campus referendum that happened in September of last year, in which students there voted to buy the U-Pass.

In February 2010 a U-Pass with Grand River Transit (GRT) was rejected by Deen Condon and Waterloo campus students, with 57 per cent of 1346 voting no and 43 per cent (1,381) vot-

ing yes.

The U-Pass at Google would cost an extra \$134.98 on the full and winter semester and \$134.98 on the summer semester should the vote pass. That is \$1.08 more than what University of Google students pay per semester and is approximately \$100 less than what it would normally cost them (\$150 per month).

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Which dead person would you
least like to be haunted by?



"Michael Jackson. I just think he's a silly concept, like could haunt me with his music."

Georgie Beaulieu,
health office administrator



"Wilee, because he's so famous and controversial. I imagine what he would do to other people."

Aliyah Marshall,
workshop technology



"My grandma, because she would probably say no."

Connor Henry,
IT technician

"Bloody Mary. She's just angry and terrifying."

Chamaron Ellis,
pre health sciences



"I don't think I'd want to be haunted by George Washington. He's just a really boring, straight and creepy about him."

Courtney Clements,
career counseling



"Osama, because he's a vampire."

Devlin Higgins,
health safety technician



FELBERT CARTOONS



By L.A. Rizzo



By L.A. Rizzo

Is 28 days enough?

Black history should be taught year-round

BY ROSEMARY SELLER

The decade-long debate of whether Black History Month is needed, continues. Thanks to 2017 starting off with U.S. President Donald Trump and all his crassness, the argument and the one-call session for the month will go unheeded.

In 1926, Negro History and Education Week was created. Inspired by a conviction that was highlighting the progress that had been made since the abolition of slavery, Carter G. Woodson decided to promote the one-month study of black lives and history. February was chosen for this work to encompass the birthdays of Abraham Lincoln and Frederick Douglass, two Americans who had great impact on black history. The week was later turned into a month in 1976 and was officially recognized by Canada's House of Commons in 1988.

By incorporating black history curriculum in schools, the outreach to children and adults was significant, but Woodson desired a greater impact. He started asking people to extend their knowledge of black history instead of creating a new tradition. "We are going back to that beautiful history and it is going to inspire us to greater achievements," Woodson said to his audience of Hampton Institute students.

However, that cannot be said of everyone's feelings for this celebration. Eleven years ago, author Morgan Kousser said in a 40 Minute episode that he did not support Black History Month.

"I don't want Black History Month," he said. "Black history is American history."

However, the only time that there is an African History

Month is because white people do not want their history explored in just one month, and that they would probably take offense to it anyway. The movement with his co-host sparked a debate that assumes year past before February.

There are a number of other people who have the same views as President. Henry Dash, who is a Fox News personality, almost replicated President's speech, saying that Black Americans are just Americans and that is it. He also stated that if we wanted segregation, we got it, by placing a whole month history on the shortest month of the year.

44 If the contributions and achievements of African Canadians are not made known to all students, if the mere fact of the long-term presence of the black community is not recognized, how can we as a developed country truly affirm all our citizens? 99
— Rosemary Seller

Both President and Dash were represented for their misstatements. People need a number of different racial media platforms to tell the two centuries why they loved the culture and history.

President claimed that he wanted children to be taught American history and that included black history. However, he wanted to taught presidential, like it would be with European history and

and just a special month out of the year.

Then, in 1968, Woodson's daughter died before he died in 1968. He believed that the monthly observance would come to an end but he wanted the study of black history to continue on, hoping that one day it would be taught like a normal class, 365 days of the year.

And with every debate there is an opposing side. Rosemary Seller, a former president of the Ontario Black History Society, is a former president of the Ontario Black History Society. She is on a lot of social justice if only one group's achievements and contributions are known. She strongly supports Black History Month, saying that to have students are going to learn about the meaning power of Canada's history.

"If the contributions and achievements of African Canadians are not made known to all students, if the mere fact of the long-term presence of the black community is not recognized, how can we as a developed country truly affirm all our citizens?" Seller asked.

Each side of the debate have the same desire in mind, to have black history taught in schools year-round. They both understand that, 28 days is not enough. However, 28 days to some people is better than nothing, and they will take every chance they can get to promote to students and adults.

CONNECTION

In the Jan. 28 issue of *Spoke*, a photo online was linked incorrect information. The photo from Spoke's Kelly was misnamed. It was from Jan. 21 in George, Spoke's photo gives for the error.

spoke
Online Video

www.spoke.ca

Muslim ban sparks fear

BY JAMIE WELLMAN

The official first week of office for newly elected President Donald Trump is easy and what a mess it turned out to be. The week of Jan. 20 Trump said his first steps within his position of power, signing a number of executive orders to "revoke effectively" as he likes to say. From building a wall on the border with Mexico, advancing a pipeline across sacred native lands and approving the use of torture, the American people and the world got a noisy look at what the next four years will be like with Trump at the helm of the free world.

One executive order, however true and just, has not been implemented to its fullest effect yet. On Jan. 25, Trump signed an executive order that banned travellers from seven Muslim faith countries from entering the U.S. As any sensible and respectful American, or human being for that matter, realized, this was a terrible idea.

Yes, children, grown men and women and many dual nationality citizens were detained at American international airports. Shortly, and in many only hours after the order was signed, protests began at airports all across the U.S. American citizens refused to let those who would not leave, who could not return and who were detained illegally. After much crying, large crowds and many confrontations and strongly worded signs, those who were detained at airports were released and allowed onto the United States, thanks to the American Civil Liberties Union. Thankfully, this new development was able to obtain one good thing: the power of the Supreme Court. Since level of democracy still appears to live. With this power, lawyers were able to sweet those detained, and have them released.

Many are surprised by this law on specific Muslim countries, however, this has in apparently a temporary one, implemented to evaluate the safety and security that the United States has with those seven countries being Syria, Iran, Sudan, Libya, Somalia and Yemen. are the countries that have been selected for "extreme vetting" according to get a vetting order in place. In the next three months, Americans and the rest of the world will get to see a list and link at what sort of actions and policies the new U.S. government will implement and put in place regarding Muslim specific nations.

For more updates on the most dramatic American reality TV show ever created, pick up a newspaper every year.

The seven have expressed the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication. No unsigned letters will be published. Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 2000 Duane Valley Dr., Room 1030, Muskegon, MI, 59504-0044



Trump's immigration policy is sure to infuriate Trump

'I'm over 18' button isn't enough

Can't get the days when a teen's first exposure to pornography was finding their dad's Playboy magazine under the bed? The content and ease of access to pornography has changed significantly since the rise of the Internet. Though

porn is easier to access than ever before, and far more obscene as an industry, my kids has changed on terms of pornography or explicit content it means to publishing and accessing this content in December. My son 47 was paired with Instagram support calling for the Missing Content in Health to study the public health effects of the ease of access and viewing of online content and degrading sexually explicit material on children, women and men. I think that this is an important step in that the effects of pornography, as it is universally available, and some of the explicit language and language can be paired to better protect minors.

The question that needs to be answered is what effects does exposure to this kind of material have on children and on society as a whole?



Poland
Fleming
Opinion

Unfortunately little scientific research has been done on the issue, and so it is difficult to say definitively what effects this material may be having. What we do know is that some kids are seeing porn for the first time as early as 10 years of age. Research has shown that boys in Canada will first see pornography at the age of 10 on average. We also know that the kind of porn they have access to can often be violent and degrading to women, and certainly on the way most parents would envision their young teens learning about sex.

It also easy to access. All you have to do is click a button on any device with internet access. Most might think it obvious that I know, kids having easy access to graphic video depicting aggressive sexual acts is not a good thing. First thing has changed to regulate the access.

If we know that it's not good for our children, then why do we have do nothing to protect them?

Why does one need to verify their age to buy cigarettes or alcohol, but can openly bypass age restrictions with a simple mouse click for pornography? I think one of the reasons that access to porn links meaningful age restrictions is that there are no consequences for porn creators, unlike a more direct who will face consequences if he/she is caught in a position to create. I think that laws should exist on which porn should exist in their position for not creating the content of age verification systems. A button asking if you are over 18 is not enough.

Research used to be considered hush-hush but we have better now thanks to research. Censorship can no longer be considered anything up-in-the-air. It's just a given and public perception changed. That's why I think it is important that we conduct more meaningful research on pornography so that the public, as well as lawmakers, can make informed decisions regarding access to it.

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New calorie display now law

IN HOUSE PLAN

The first of January saw an initiative to become healthier.

As part of the Healthy Ideas Campaign that all food service providers open to the public with 25 or more locations must display the calorie count of each food and drink item on their menus, labels or tags.

The act must be in effect no later than 10 p.m. at all permanent locations from all three parties voted on Dec. 16 of last at the Making Healthy Choices Act, in May 2010.

Places such as fast-food restaurants, sit-down restaurants, coffee shops, bakeries, grocery stores and more therefore fall under the act.

Charterwell's cafeteria at Dean campus has also been affected.

"This legislation is allowing students and the public at large to see the informed choices when dining out. Charterwell is in compliance with the act and students will find calories and calorie changes on our menu boards," said Jennifer Butler, manager of Charterwell at Dean campus College.

Ellen Long, a public health consultant for the Region of Waterloo said, "People need information to have their food decisions on. Providing

extra information is part one of many tools that we can put in place to make it easier for people to make healthier choices."

Calorie counts will be displayed on the menu you are handed after sitting down and on menu boards, tags and labels. When you get the food or drink yourself you will be able to see the calorie label directly before heading to where the menu is given of each standard food item.

A standard food item is food or drink that is sold in a standard or regular size, served, prepared, sold or prepared in a regulated location (fast-food or sit-down restaurant, grocery store) and is not consumed right away without further preparation by the customer (foodie shops, bakeries, fast-food and sit-down restaurants).

"It's a lot smarter at least this way people are able to see up front, before they would have had to go looking for the calorie count," said Andrea Hansen, a foodservice business and training specialist.

"I think are great. I think consumers need to know what's in their food and how many calories it consists of. I think it's just important to be driven, and most people public relations student, Charterwell.

Calories are something the human body needs to fuel basic bodily functions and physical activity. Having access to the number of calories in a food or drink is vital in obtaining the correct amount of energy needed every day.

When asked whether the change will make a difference to consumers and encourage them to be more aware of what they put into their bodies, Butler said, "I believe it's a matter of personal choice," adding "It will be interesting to see if the act has any lasting effects on campus."

Gregg said, "Calorie labels help people make informed choices with lower calories. However, lower calorie selections are not necessarily always healthier. For example, a low calorie salad may still be extremely high in sodium. Calories are just one aspect of diet quality."

But said, "I think it could be 20-30 I think that people who have a better understanding of nutrition are going to see the labels and know what they mean as opposed to people who just know what companies' good reputation. They're going to see calories and they are going to be driven, and most people public relations student, Charterwell.

could also have that growth but which is 200. But then the sandwich has the better nutrition and you're actually not going to lose weight with this. So, students want the pounds lost."

De Vries said a fast-food legal office administrator student, and, "It depends on if they are paying attention, I mean I am a graduate student. I think I pay a little bit more attention than my 15-year-old. I don't think the 15-year-olds are going to be. Oh now that's 300 calories. I can only have one. I don't think that's going to happen. I don't think that's going to happen. I don't think that's going to happen."

The businesses affected by this change currently want all of two to estimate to Charterwell. Butler said, "Calorie counts and food tags 10 out of 1000 calories on average of 1000 calories a day, and children 10 of 1000 calories on average of 1000 calories a day. However, individual menus vary."

The average total requires approximately 2,000 to 2,500 calories per day. However, individual menus vary."

January 1, 2011 will bring another change and the previous statement

will be changed to Adults eat each page 10 out of 1000 calories on average of 1000 calories a day, and children 10 of 1000 calories on average of 1000 calories a day. However, individual menus vary."

Inspectors from local public health units will have visited all of the businesses that must be following the law.

Though the enforcement of the act has not yet started, any complaints about a business not adhering to the law will be sent by the public health unit with education, a warning and a fine if no changes are made in an attempt to follow the law.

The Ministry of Health and Long-Term Care engaged in a consultation process with the various stakeholders, including industry representatives and many of the health channels with a primary in the province of Ontario. The mission of Health and Protection and Investigation of the Region of Waterloo and

"They had the opportunity to provide input and comment on the legislation. We were very open to their input and that we are not aware of any resistance from local food service providers at this time."

Chartwells says healthy options are available

BY HEATHER FARVER

It is not unusual to find that most students and staff prepared very late they feel hungry at Charterwell. While some said they did not know of any healthy food options on campus others were concerned about the food choices available at school. Some were not even sure how many calories are in a meal.

There are many questions concerned about what is served at Charterwell, the food provided at all Charterwell campuses. The company is part of Campus Group Canada, which has its headquarters in the UK.

There is a variety of food options available at Dean in connection with Charterwell. Pasa Pasa and Subway are two of the most popular destinations since they have good service and better food portions. However, there is a variety of reasons why students find it difficult to eat healthy. It is difficult for food service managers to know what they are not because there is no sign indicating what calories are in the food. But food is a menu which is prepared according to tradition

and portions to the eating of poultry, meat and pasta through the popular oven.

Another reason some students don't have as much is the price.

Jennifer Butler, a manager of Charterwell at Dean campus and the person offered here on campus are similar to those in the private sector. She said the price difference is not large and students are getting a good variety and healthy mix of food at Dean campus. "The big difference is 40 and you can get an extra for \$2.00 which is made to order. We would like to think that we are in line with the marketplace."

Charterwell offers a lot of options such as the Dean campus where students get 10 per cent off of the total bill.

Butler said there are all kinds of promotions happening at Charterwell that there is a lack of awareness. When asked about healthy options available on campus, Butler said Charterwell offers extra salads, fruits and extra in grocery store prices, but students are not going to eat healthy.

The company is trying to

provide healthy eating and has changed its menu to "More Healthy Menu Offer." There are additional menu items such as high protein bars. There is also a large variety of salads available for students.

"You are going to choose healthy options but quite frankly, we're not finding it easy," Butler said.

Another motivation on part of some students was they were required to pay for the healthy food. The company, a national company, has included if students are doing it.

Butler said one of the biggest challenges for the company is the location of the Dean campus. That is the main reason for the lack of awareness about the promotion.

"We want to be engaged with the students but we are located in the basement and it's not a high volume area. We are on the Monday but we are not in a lot of position," said Butler.

It is engaged in many different ways with the company. The company has a "Be heard" section on their website. They also provide full-time and part-time employment opportunities to students and alumni.



PHOTO BY HEATHER FARVER

Jennifer Butler, a member of the food prep department at Charterwell at the Dean campus, prepares sandwiches for students on Jan. 20.

Golf's Steak House celebrates 40 years

BY MICHAEL GLADIS

Golf's Steak House and Seafood, a business that was built on determination and satisfaction, is celebrating its 40th year of operation.

Mike Kanellos, founder and owner of the restaurant located at 5865 Lakeshore Dr. W. in Richmond, came to Canada in the age of 20 from a small village in Greece called Glafkos, which is known for its olive oil.

Kanellos worked there for 18 months before he accepted another position where he was able to make and learn English. From there, he worked hard and saved his money to buy that very same restaurant only three years after coming to Canada.

After about two years of working in the business and picking up all those who knew about it, he purchased Golf's current location in 1977. The new food & beverage building from the late 1980s on it which revolutionized the Great River. It was named Bridgport Centre, yet it was not an actual centre (which) being used for the many shops, restaurants and local businesses.

It was absolutely not expected change. More renovations and much more. Kanellos put \$150,000 into major renovations to create Golf's.

"It was just an empty shell," he said.

Four years after opening the City of Richmond began to build the sewage system for the area. Shortly after that, residential development began to blossom as well.

When Golf's opened, there were not many residents in the area. They would have had to drive to get to the business. People would ask him "Where are you going to get the people here?" when they heard of his location.

But the implementation of water and the sewer system, the number of local residents increased which resulted in more restaurants and customers.

When Golf's started out, they only served steak, until the local business people wanted more than that. In came the seafood and other meats.

"We brought in fish and chicken and prime ribs. We changed the menu over the years according to the demand," Kanellos said. Weekly brunch was added more than 30 years ago.

"Every generation has come and we get any more people so we have to stop taking reservations," said Kanellos.

The first few years of operation



Photo by MICHAEL GLADIS

Founder Mike Kanellos sits at a table on the anniversary table of the dining room at Golf's Steak House.

was the hardest for Kanellos personally.

"The first five years I didn't have too much income here," he said with a laugh.

Not long after though he was able to start taking some time off.

During the time of opening and establishing the restaurant Kanellos had a wife and three young sons. Finding the balance necessary to be the head of the family and of a restaurant was not easy.

"I tried to spend time with the family but unfortunately, I didn't do it as much as I should have," Kanellos admits, adding he knew he could not fail as the business because then he would not have been able to provide for his family. "You are it's something you have to balance. I tried my best to balance but the business has to stay in its order to have the money to provide for your family."

He was able to send his children to school to study wherever it was they desired. If they did not go to school, then they would have to work, and there were always opportunities for them at the restaurant.

In fact, all three of his sons — Tim, George and Gus — have positions in the family business to this day. Tim works behind the scenes in sales, maintenance, payroll and accounting. George currently works as manager of the dining room and the work in the restaurant behind the restaurant's business operations.

In their 40th anniversary book, George said, "Looking

back, I can't imagine doing anything else. The restaurant business is like nothing else. It is my blood."

Mike Kanellos continues to enjoy what he does. At 77, he is 12 years past the typical retirement age.

What has kept him motivated is gratitude. For as long as he can it is the satisfaction he feels and the satisfaction he sees from his customers.

"I am proud of the success I have had. I didn't expect it," said Kanellos.

The restaurant business is not easy and Kanellos has had times of great stress.

Some of these have been when someone turned the lights to go out during busy times. This would be stressful and disappointing for Kanellos. "But that's all in the business as they say. You'll have things break down things will go wrong. You try to replace them as soon as you can and then continue on."

Another extremely stressful time was when he moved a gas grill on Nov. 28, 2016, at a table just out in the morning and was told that Golf's Steak House was on fire. He was later discovered the fire was caused by electrical short-circuits on the grillings.

He had to cancel reservations for 10,000 to 20,000 people who were booked for the upcoming Christmas season.

What was it that kept him going after the fire? "I wasn't prepared to retire at that time," said Kanellos. "I got angry and said, I was eager to

get back and building again."

Even though it has been 20 years since that night, Kanellos said, "I thought it was probably I'd not forget that night."

In the wake of the fire, customers had all kinds of questions for Kanellos. They wanted to know whether he would be opening again and when that was expected to happen. "I would like to be back in business as soon as I can," he reassured customers.

He said he has no regrets in regards to the business that has kept him busy for 40 years.

In celebration of the anniversary he donated \$10,000 which was divided between 10 charities — Great River Hospital Foundation



Photo by MICHAEL GLADIS

Golf's Steak House and Seafood is located at 5865 Lakeshore Dr. W. where it continues the Great River.

Centre Centre St Mary's Hospital, Foundation for Children's Care, Christchurch Memorial Hospital, Foundation for Medical Equipment, Greek Orthodox Community Church of Saint Peter and Paul, Greek Ladies Philanthropic Society, YWCA, Habitat for Humanity, Community Support Connections, Meals on Wheels, Canadian Mental Health Association, Waterloo-Washington Dufferin, and St John's Hospital.

"The community has supported me over the 40 years. Without the community support, I would not be here," Kanellos said.

"The success in the knowledge I have and the experience I received while working in other places, and the determination to work hard and to accomplish whatever my goals are regardless of how many times I have to work," he added.

As for the future of Golf's, Kanellos believes his sons are going to continue on with the business.

"That's why I am here, to help and lead a team," he said.

For further information or to make a reservation, call 519-515-8656.



Photo by MICHAEL GLADIS

Douglas McWilliams is the head chef at Golf's Steak House and Seafood.

Celebrating the birth of the bard

BY ROBERT JAMES

Jan. 23 was the celebratory tribute to the great Scottish poet and bard of Ayrshire, Robert Burns. The day is known as Robbier Burns Day.

"The interesting thing about Robert Burns is that he originally wrote in English, but a Scottish version of English," said David Hunter, president of the Scottish Studies Foundation. "(He) was a man who used the old Scottish vernacular — the language of the common people ... Burns has captured the imagination of Scottish people by speaking in their own tongue in a way."

Burns was born Jan. 23, 1759 in Alloway, Scotland.

Progressive as he was, Burns was seen as a scandal with radical political views. He believed that all should be seen as equals and wrote and believed "a man is a man for all that."

Hunter and Burns was a champion of the common person.

"He's a man who said what we would like to hear and said he had a number of good sayings," said Hunter. "He said, 'The best laid schemes o' mice an' men, gang aft agley — oft upon thae they go awry. Beware how nae tell you plan, things always miss at you here, but fail and there you off part.'"

In a Minute man written after Burns' death, Hunter

described a mouse meet with a plough. The poem celebrated the life of John Macintosh, a weaver, by Hunter and Min.

"Burns lived at a time of monumental change," said Hunter. "Revolution was in the air in both the American colonies and in France. What he said over 250 years ago is just as relevant today. When you hear of all the turmoil in the world and people fighting at each other it was (Burns') hope that at some point in time we'd all be able to live together in peace and harmony and that all be brothers and sisters. He had very noble ideas and that message still people all over the world."

Burns passed away when

he was 37 on July 21, 1796 due to his health, however, he is still remembered and celebrated, as his poems still resonate with people today.

"A few years ago Burns' Ode was read at the opening of a new building ... We in the African-American community have been, at the morning end of our's rebirth, in mind," Hunter said. "The poem is an earlier speech made by Dr. Martin Luther King back in the 1960s but Dr. King, in turn, had taken the phrase 'man's inhumanity to man' from the Robert Burns poem. Min was made in Moore. And it's a quote that has been used many times since," said Hunter.

Robbier Burns Day, also

known as the Burns Supper, is a night filled with drinks, traditional Scottish music, recitals of the literary work of Burns song and dance. After gathering and singing there is a Parade of the Pipes, followed by the Address to the Haggis.

At the Royal Football Club in Strathgordon, Johnny Blair gave the Address to a Haggis.

"That mark the Haggis bag, gashed, the trembling earth reverberate has tread," and Blair "Clap as he makes more a blade, he'll make a blade will leap on arms on heads will end, the tops a trade."

Blair ended his haggis speech by saying Burns gave them strength the haggis and that it then ran east to the other



9 in 10 Canadians are at risk for heart disease and stroke.

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HEART &
STROKE
FOUNDATION

Princess Ball raises money for CF

BY MELANIE BOLLING

Eight years ago, if you typed "CF" into the Google search bar, your screen wouldn't be the first thing to come up. Fortunately, things have changed.

Summer Fryers, 3, was diagnosed with cystic fibrosis shortly after she was born when her family got back the results of her newborn test (the neonatal heel prick they do on newborns) (she has lived a life full of excitement, resilience and respiratory therapy ever since).

"It was scary," said Stephanie Fryers, Summer's mom. "None of us really knew anything about cystic fibrosis. We had to Google everything and we ended on our knees a lot."

Summer has become accustomed to things like taking enzymes before every meal, taking more pancreatic enzymes at the morning and before bed and getting her "leucine" (respiratory therapy) with a delicious ball of Popsicle substitution, both medications that help clear her lungs of mucus and phlegm.

Although Summer may have



Photo by Melissa Belling

Brenna Donnelly, from left, Summer Fryers and Madison Fryers meet Anna White at the annual annual Princess Ball in support of Cystic Fibrosis Canada on Jan. 26.

to do all of these things she still gets to do regular eight-year-old girl things. Like have sleepovers and go to ballet frequently. The Princess Ball in support of cystic fibrosis.

Tickets for the ball were \$50 which included dinner

and dancing. They also had a flower garden made with flower cutters that people could buy for anywhere from \$5-\$15 in order to win a prize. The fee of the charity princess was paid by a donor as was the DJ

and the balloons of Clif's kids, Hannah & Brendan in Stouffville. All of the proceeds went to the CF chapter of Cystic Fibrosis Canada.

"I'm excited for the ball," said Summer. "I just got my Enzymes and now that and they match my dress!"

On Jan. 26, Summer, Madison and her two brothers, Nick and Josh, went to the ball, dressed up in a beautiful and dress. She was accompanied by her best friend and cousin Madison Fryers.

It was an afternoon when Summer could just be a little girl, she got to do crafts, paint her nails, make Valentine's cards and meet old-life Disney princesses. She still had her enzymes before her lunch a lunch that was made specifically for little princesses with CF.

One of the major complications of cystic fibrosis is the inability to digest fats and proteins, meaning that people with CF need food that has high fat content. Another in the inability to absorb nutrients, causing to some many malnutrition. Those things mean that a meal made for a CF person is one full of foods like French fries,

chicken fingers, pizza and mac and cheese.

There are all things that Summer loves to enjoy all that stuff, which makes it really difficult for her to get the 4,000 calories a day she has to consume to keep her at a healthy weight.

"The hardest part is getting that food into her. We have to let her eat that a little on the end higher in calories" said Stephanie. "She's not like any other normal kid, she doesn't like the gross, fatty foods like like fruits and vegetables, food that doesn't taste a high fat content."

Summer is the only one of her three siblings who has CF. According to statistics, there is a 1 in 3,500 chance that a baby will be born with cystic fibrosis, if both biological parents have the defective gene. There is also a 1 in 25 per cent chance that the baby will have CF and a 10 per cent chance that the baby will be a carrier of the defective gene.

For more information on cystic fibrosis, visit www.cysticfibrosis.ca.

For video story, visit www.speckmedia.com

NOROVIRUS SWEEPING ACROSS ONTARIO

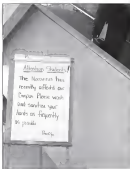


Photo by Melissa Belling

A warning sign was placed by the Conestoga College's campus's wellness centre after a number of people on campus came down with Norovirus. The very contagious virus is transmitted from one infected person to another, or through contaminated food or water, or by touching contaminated surfaces. Symptoms include nausea, vomiting, abdominal cramps, fever, muscle pain and diarrhea.



HUMAN LIBRARY.ORG

Conestoga students have the opportunity to borrow a Human Book for a short conversation. Students can ask questions and engage in conversation in an effort to challenge assumptions or prejudices they may have about other people.



ESPECT
A PART OF THE CONESTOGA COLLEGE

FEBRUARY 14, 2017, 10:00am - 12:00pm. Pre-registered on the CCA event

Register at conestoga.ca or conestoga.ca/book-a-human or conestoga.ca/book-a-human

**HOROSCOPE**

Week of February 6, 2017

**Aries**March 21 -
April 19

You like having things your own way and have trouble compromising. This can make life difficult at times, but with your strong spirit you will be fine.

**Taurus**April 20 -
May 20

Your hard back work will provide a light breeze happening this week. You will use your determination and practical ways to settle the dispute.

**Gemini**May 21 -
June 21

Don't be discouraged by what people think of you. You set the way you do because you're too smart for someone's baggage.

**Cancer**June 22 -
July 22

You may blame the stars for your woes, but never fear for you will always be loved.

**Leo**July 23 -
August 22

You were born to be the King. Don't let anyone stand in your way to the top.

**Virgo**August 23 -
September 22

Use your talents to give those you judge a chance before ruling them out of your life.

**Libra**September 23 -
October 23

You will meet some shady people in your life, but you are a great judge of character. You will, usually, determine if they are bad people or not.

**Scorpio**October 24 -
November 21

Only you know what your skills really are. You will use those skills this week to settle an emotional conflict.

**Sagittarius**November 22 -
December 21

You are a highly social being who builds relationships about everything else. This will help you reach your aspirations.

**Capricorn**December 22 -
January 19

Capricorns are born leaders. You may feel as if you don't matter sometimes, but you are always there a following.

**Aquarius**January 20 -
February 18

You may seem like a loner to some, but that does not mean you're lonely when you're alone.

**Pisces**February 19 -
March 20

Your intuitions and emotions are not bad things. Never let someone tell you otherwise.



Gift gets his baggage on

Useless Facts

There are more chickens than people in the world.

Charlie Chaplin once won third prize in a Charlie Chaplin race (also called).

The Guinness Book of Records holds the record for being the book most often stolen from public libraries.

The cigarette lighter was invented before the car.

The most common name in the world is Mohammed.

The electric chair was invented by a dentist (noncommittal).

Sudoku Puzzle

		5	2	1		9	7	3
8	9		5	3				
		6	4					5
		2			4	7		
4	1		8					6
	8		2	6		4	1	
		9		4		1		
	6		8			3	9	
3	1		6	2		5	7	

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodate the digits 1-9, without repeating any.

Word Search**Black History Month**

D R H E V M O I S S E R P P O G
D Y I Y M E G A T I R E H M R A
N J N A C A R E R O B A L S T B
O Y J B I U N S T C Q Y Z I S R
I R U O V Y S C X N O G O C L A
T A S L I E T C I H I Z A A H
A U T I L X I I S P L M V R V A
Z R I T R I X O L J A S Y A E M
I B C I I Q U B S A K T A G R L
N E E O G Z U A D R U A I O Y I
O F Q N H M I Y A D M Q B O W N
L M H I T B M P S I K J E M N C

Abraham Lincoln
February
Abolitionist
African Culture
Bass
Civil Rights
Colonization
Emancipation
Equality
Heritage
Injustice
Laborer
Oppression
Ransom
Slavery
Rosa Parks



Epiphany Strangers & Soldiers in Service
to provide married couples for service on a
regular basis. He also organizes young
adult novels and textbooks.

Condors seeing indoor season success

BY ANDREW JENSEN

Condor's indoor soccer season has been strong, going to four their winning streak over the last few years. The Condor season have revealed an abundance of talent and the team itself has undergone a number of staff changes, including the head coach position, now filled by Andy Fernald, a paid Ontario College, Altona, Newmarket and Kitchener District Soccer League player with more than 20 seasons of coaching experience.

And although the Condors have seen significant success in indoor soccer, a winter tournament took a hard hit, resulting in many of the team players that Fernald believes that with the way the team is now advancing and the recent growth seen in the college's athletic programs, that is going to change.

"We are building the program at Condor and we have a lot of first-year players as we are developing the team as a whole. We are using the indoor season to build both chemistry and technical ability. The team has struggled to win the last

few seasons and we hope to change that by getting a few victories this year," Fernald said.

The indoor team has already played in two tournaments at 2012 and with a record of five wins and three losses, they were to now be heading down the right track that that's not all it is going to take if Condor's hopes to be competing for trophies at the future, according to the U.S. Soccer, is twenty players and fourteen administrators and support staff.

"We have a good team this year and we can compare with the best colleges in Ontario. We just finished second at the Condor tournament, but if we want to truly represent variety soccer at our college then better facilities need to be provided for the players. We practice in the gymnasium a week and it doesn't help us at all," Ullrich said.

Although supporting staff fields may be important by the end of this season, Fernald has implemented other ways to help the team improve. Players have been paired with athletes from other sports and fitness programs have been put in place for the players as a way to ensure they are in the best possible shape.



Photo by Andrew Jensen

Condor's men's indoor soccer team participated in a Rochester University College tournament on Jan. 27. The Condors beat Wilfrid Laurier University and Concordia College but lost to George Brown College and Waterloo College, who did not lose a game during the entire outdoor season.

"We are trying to limit on commitment and leading the team as a unit. Positivity and hardwork from both the players and the coaching staff is going to help grow the team."

I am looking forward to seeing the players develop over the winter and put their hard work to the test in September and earn a win or two. I want

the team to compete in every game," Fernald said.

The team hopes to continue its winning ways through the remainder of the winter tournament and will also be fielding indoor soccer.

The program will continue when they head to Sheridan College for the next tournament in Feb. 28, but will

finish until they can begin work to do well in both seasons, something that hasn't happened since a bronze medal finish in 2011.

Fernald said the team is always looking for quality players and if a student knows of anyone he asks you to encourage them to join the team.

WEEKEND TO END BIPOLAR DISORDER

Ever wonder why there are no weekends to end bipolar disorder?

It's because there's no one to help you. That's why we need the weekend to end bipolar disorder.

WEDNESDAY, FEBRUARY 22, 2012

10:00 AM - 12:00 PM

1:00 PM - 3:00 PM

4:00 PM - 6:00 PM

7:00 PM - 9:00 PM

WEDNESDAY, FEBRUARY 22, 2012

10:00 AM - 12:00 PM

1:00 PM - 3:00 PM

4:00 PM - 6:00 PM

7:00 PM - 9:00 PM

PREMIER WYNNE ANNOUNCES NEW FUNDING



PHOTO BY JAMES WELLS

Premier Kathleen Wynne and members of her team take questions from the crowd and members of the media after announcing a new \$20 million research and development fund for college students across Ontario on Jan. 34 at Centennial's Boom campus. The new fund will help students gain hands-on work experience by connecting colleges with businesses, industry associations, and organizations to develop new partnerships and solve real-world research and development challenges.

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Fair helps students get involved

BY SHARON FARMER

Students for the most part, have now walked into their own winter semester sessions, so now is the time to get involved.

Centennial College has a number of groups and committees which make students feel comfortable while pursuing a healthy campus environment and self-esteem.

Student Life is just one of the departments which adds colour to school days and reduces the stress of hectic student activities and studies.

Founded in 2003, the department continues to celebrate diversity and promote respectful behaviour at the College campus. Staff organize events and activities on campus that engage and enrich students for participation one of which is the Get Involved Fair.

The event is multi-faceted. It encourages participating students and also provides an opportunity for them to volunteer. Applying for a position to help others gives students a chance to add to their resume and learn valuable life skills such as leadership and coaching.

The fair was held at the Boom, Centennial and Oneigh campuses from Jan. 24-26.

The Boom event drew a large crowd and the library session was almost not crowded students. A DJ was present who played musical tunes to the delight of the multitudes of students and attendees.

C&I members manned booths in the lower atrium where a passport activity had been organized. Students had to visit a number of their booths and ask at least one question of each exhibitor to exchange the students received a sticker for their passport. Participants were required to submit their completed passport with

stickers in the Student Life Information Desk or the C&I booth in the lower atrium to be entered into a draw. The prize included gift cards and spa services vouchers. Participants were also given a free Subway sandwich after they submitted their completed passport.

Over 30 exhibitors took part in the three-day fair. The inclusion of all students were actively engaging in dialogue and exploring the different ways in which they could volunteer in the community.

Sam Guay, regional vice-president at Toronto's Family Waterloo Region, was one of the exhibitors. This local agency supports individuals with developmental disabilities.

"We work with the individual, with their hopes, goals and interests, whatever they are interested in doing with the professional funding they have."

When asked about student turnout and interest at his booth, Guay said several dozen students stopped by over the course of the day.

"Some are looking for work at the end of the table while others are looking for job or volunteer opportunities and we had them with all our information."

Dryan, Sarah, Toronto's Canada's Central Escapement Company, was another exhibitor and his organization was looking for volunteers over the age of 18 to help with monthly outdoor activities for individuals with autism. Volunteers help with organizing trips to different destinations within the community such as the film station, police station or shopping.

"We require volunteers to spend a couple of hours in the week with the youth who then decide what activity they want to do," said Smith. "They do active games, they do crafts and go on visits."



PHOTO BY SHARON FARMER

Andi Doran Miller (center left) is a recent past student in early learning program development, Sherrin Pearson is a third-year instructor of early education studies, and Sherrin Pearson, a student engagement coordinator at C&I, were handing out passports to students who attended the Get Involved Fair 2017 at the Boom campus on Jan. 24.